

## Measures to Increase Sleep Quality in Managing Alzheimer's Disease

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### DESCRIPTION

Sleep is a fundamental aspect of our overall well-being, but it holds even greater significance for individuals battling Alzheimer's disease. The link between Alzheimer's and sleep disturbances is well-documented, with research consistently highlighting the reciprocal relationship between the two. Acknowledging the critical role sleep plays in managing Alzheimer's, it becomes imperative to explore measures that can effectively enhance sleep quality in individuals affected by this debilitating condition. By prioritizing and optimizing sleep, we can potentially alleviate symptoms, enhance cognitive function, and improve the overall quality of life for those living with Alzheimer's disease.

#### Establishing a consistent sleep routine

One of the primary strategies for improving sleep quality in Alzheimer's patients is the establishment of a regular sleep routine. Creating a consistent schedule helps regulate the body's internal clock, allowing individuals to fall asleep and wake up at the same time each day. Regular sleep routines promote stability and enhance sleep efficiency, reducing nighttime restlessness and daytime drowsiness.

#### Promoting a sleep-conducive environment

Creating a sleep-friendly environment is crucial for individuals with Alzheimer's. It involves minimizing noise, ensuring comfortable room temperature, and reducing external stimuli that may disrupt sleep. Additionally, the strategic use of soft lighting, calming colors, and familiar objects can help create a relaxing atmosphere conducive to better sleep.

#### Encouraging physical activity

Regular physical activity has been shown to improve sleep quality in individuals with Alzheimer's disease. Engaging in moderate exercises, such as walking or light stretching, during the day can help promote a more restful sleep at night. However, it is important to avoid vigorous exercise close to bedtime, as it may have the opposite effect and interfere with falling asleep.

#### Managing medications and supplements

Certain medications used in the treatment of Alzheimer's disease may impact sleep patterns. Consulting with healthcare professionals to optimize medication schedules can help minimize sleep disturbances caused by these drugs. Moreover, caution must be exercised when considering over-the-counter sleep aids, as they may have unintended side effects or interactions with existing medications. A healthcare provider's guidance is essential in determining the suitability of such supplements.

#### Implementing relaxation techniques

Practicing relaxation techniques before bedtime can significantly enhance sleep quality for individuals with Alzheimer's. Techniques such as deep breathing exercises, progressive muscle relaxation, and guided imagery help reduce anxiety, calm the mind, and promote a state of relaxation conducive to better sleep. These techniques can be incorporated into a nightly routine to prepare the body and mind for restful sleep.

#### Managing sundowning

Sundowning, a phenomenon commonly experienced by individuals with Alzheimer's, refers to increased agitation and confusion in the late afternoon or evening. Managing sundowning symptoms is essential to improve sleep quality. Strategies such as maintaining a structured daily routine, reducing daytime napping, and creating a soothing environment during the evening can help minimize sundowning and facilitate better sleep.

### CONCLUSION

In the journey of managing Alzheimer's disease, prioritizing sleep quality should not be overlooked. Implementing measures to enhance sleep can significantly improve the overall well-being and cognitive function of individuals living with Alzheimer's. By establishing consistent sleep routines, creating sleep-conducive environments, engaging in physical activity, optimizing medications, practicing relaxation techniques, and managing

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sundowning, we can contribute to a better quality of life for both patients and their caregivers. Recognizing the vital role sleep plays in Alzheimer's management empowers us to take proactive

steps toward ensuring individuals affected by this disease receive the sleep they need to thrive.